

TIMETABLE

Wednesday

14:00 - 14:45 (Kids), 15:00 - 16:00 (Foundation, incl. Teens)

Saturday

9:45 - 10:30 (Kids), 10:30 - 11:30 (Foundation, incl. Teens)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09		CrossFit Open gym					Open gym
10		Open gym	Open gym	Competition Class Open gym	CrossFit Open gym	Kids Open gym	
11	Open gym		Open gym	Competition Class Open gym	Open gym	Foundation class Open gym	Mobility Weightlifting Open gym
12	Open gym					Gymnastics Open gym	CrossFit Open gym
13						CrossFit Open gym	Open gym
14	Open gym	Open gym	Kids	Open gym		Team training	
15	Open gym	Open gym	Foundation class	Open gym		Team training	
16	Open gym	Open gym	Open gym	Open gym			
17					Open gym		
18	Strength Class Open gym	CrossFit Open gym	CrossFit Open gym	General Conditioning Open gym	Strength Open gym		
19	CrossFit Open gym	Weightlifting Open gym	Mobility Open gym	CrossFit Open gym	General Conditioning Open gym		
20	Aerobic Capacity Open gym	CrossFit Open gym	Gymnastics Open gym	Aerobic Capacity Open gym			
21	CrossFit Open gym		CrossFit Open gym	CrossFit Open gym			

Please note: this timesheet is subject to changes.